



Publication / **Fitness**

## The Top 10 Fitness Videos of 2001

The editors of Fitness Magazine selected Violet Zaki's *Crunch Cardio Sculpt Video* as one of the top fitness videos of 2001.



**fitnessFORECAST >>**

## The Top 10 Fitness Videos of 2001

Our editors pick the absolute best home workouts

- 

**1. BREAKTHRU CARDIO STEP 2 (\$19.95)**  
**Who it's for:** High-energy step lovers  
**What you'll need:** An exercise step  
**Why we love it:** This 40-minute step routine uses kicks and lunges from traditional step workouts, but the unique "mambo" combos, kicks and "seesaw" stepping keep you on your toes.
- 

**2. GILAD QUICK FIT HIPS, THIGHS & BUNS (\$14.95)**  
**Who it's for:** No-nonsense types in search of a lower-body workout  
**What you'll need:** A set of 2- to 8-pound dumbbells  
**Why we love it:** Twenty minutes of back-to-basics thigh, hip and butt-toning moves such as squats, pliés and lunges let you focus on getting great results.
- 

**3. YOGA FUSION STRENGTH & SCULPT (\$14.95)**  
**Who it's for:** Busy bodies seeking a combination of strength and calm  
**What you'll need:** A set of 3- to 5-pound dumbbells  
**Why we love it:** The 45-minute greatest-hits compilation of yoga, Pilates and strength training moves is designed to improve strength, flexibility and balance.
- 

**4. CRUNCH CARDIO SCULPT (\$9.95)**  
**Who it's for:** Anyone who wants a well-rounded, calorie-burning workout  
**What you'll need:** Two sets of weights (3 to 5 pounds and 5 to 8 pounds)  
**Why we love it:** The no-frills 30-minute choreography sculpts you from head to toe. Challenging balance components work several body parts at once.
- 

**5. ZONE BODY SCULPT BIG BALL WORKOUT (\$19.95)**  
**Who it's for:** Anyone seeking flat abs and a firm butt  
**What you'll need:** A large physio ball  
**Why we love it:** It works the abs, back, butt and thighs in just 33 minutes.
- 

**6. TAMILEE WEBB: I WANT THOSE ABS! (\$14.95)**  
**Who it's for:** Ab fanatics tired of crunches  
**What you'll need:** An exercise mat and a set of 3- to 5-pound dumbbells  
**Why we love it:** There are two effective 15-minute ab routines. One features crunches and full-body curls spiced up with slight variations; the other boosts the challenge with standing ab work and weights.
- 

**7. PILATES FOR DUMMIES (\$9.95)**  
**Who it's for:** Novices looking to work their abs and back  
**What you'll need:** An exercise mat  
**Why we love it:** Beginners will learn 18 basic moves, Pilates do's and don'ts, and enough terminology to feel comfortable with the core-tightening floor work.
- 

**8. BELLYDANCE FITNESS FOR BEGINNERS: SLIM DOWN (\$14.95)**  
**Who it's for:** Burned-out aerobicizers  
**What you'll need:** Nothing  
**Why we love it:** This is a fun and exotic way to burn calories. Your midsection and lower body will get a workout thanks to steps, hip thrusts and ab contractions.
- 

**9. KAREN VOIGHT CARDIO STRENGTH (\$19.95)**  
**Who it's for:** Experienced exercisers seeking a total-body challenge  
**What you'll need:** A set of 3- to 5-pound weights, a set of 5- to 10-pound weights, an exercise step and an exercise mat  
**Why we love it:** The 58-minute toning routine is broken up into nine circuits, alternating high-intensity cardio stepping and strength training.
- 

**10. URBAN TAI CHI (\$19.95)**  
**Who it's for:** Cardio kickboxing fans looking for a mind-body twist  
**What you'll need:** Nothing  
**Why we love it:** The 59-minute routine is explosive and energizing, blending high kicks and a cardio challenge with a fast-paced version of ancient tai chi.

18 FITNESS DECEMBER 2001